On many occasions have I heard the saying “it’s not what you know, it’s who you know”. 

As a enthusiastic and passionate Nutrition and Dietetics student at Monash, when I found out that the annual Dietitians Association of Australia (DAA) conference was to be held in Melbourne I was naturally very excited. The conference could not have landed in Melbourne at a better time – during my final year of study when job prospects were a very imminent reality. 

I saw the annual 3 day DAA conference as wonderful opportunity to get a deeper insight into my future profession, an opportunity to explore career options and develop new contacts and networks, which would assist in developing future goals and aspirations. Attendance certainly fulfilled this criteria. A huge array of guest speakers and experts in multiple fields of dietetic practice were involved in the conference – from well respected famous names such as Rosemary Stanton, to innovative ambassadors such as Sue Shepherd, to lecturers and conveyors at my very own university – there certainly was a lot to be learned. I had the opportunity to meet and receive advice many professionals as well as enhance relationships that had already been formed throughout my studies. 

Attending the conference has enhanced my understanding and interest in the area I am very passionate about pursuing work, and provided me with additional skills, current knowledge, resources and networks to assist my career potential. 

I urge all students who are presented with the opportunity to be involved in extracurricular activities such as this to make the most of them. You will be surprised how beneficial they can be. I would like to sincerely thank Monash University for making this opportunity possible through their Faculty Grant System. 

Whilst the “what you know” is an imperative aspect to career success and satisfaction, the “who you know” will help to get you to where you want to be.